

# USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Protein (g) ; Carbohydrate, by difference (g) ; Fiber, total dietary (g)

Food Groups: Vegetables and Vegetable Products  
Food Subset: Abridged List  
Ordered by: Nutrient Content  
Measured by: Household  
Report Run at: January 30, 2016 22:46 EST

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure
11450	Soybeans, green, raw	256.0	1.0 cup	33.15	28.29	10.8
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	22.23	19.89	7.6
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	14.43	40.39	10.9
11211	Edamame, frozen, unprepared	118.0	1.0 cup	13.24	8.98	5.7
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	12.45	41.23	9.8
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	11.97	35.01	8.6
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	11.58	40.19	9.2
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	10.56	32.53	--
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	10.24	31.73	8.8
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	9.21	30.55	5.4
11215	Garlic, raw	136.0	1.0 cup	8.65	44.96	2.9
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	8.59	28.13	8.6
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	7.96	6.14	0.8
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	7.86	64.11	6.9
11304	Peas, green, raw	145.0	1.0 cup	7.86	20.95	8.3
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	7.73	7.54	--
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	7.03	26.41	4.7
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	5.70	9.84	5.5
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	5.70	9.38	--
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	5.49	8.17	5.6
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	5.31	3.46	2.9
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	5.23	33.53	8.2
11015	Asparagus, canned, drained solids	242.0	1.0 cup	5.18	5.95	3.9
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	5.08	22.16	10.0
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	5.06	40.82	4.2
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	5.00	48.70	4.0
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	4.99	35.48	4.4

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	4.94	6.83	3.7
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	4.87	7.73	5.1
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	4.47	33.87	2.7
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	4.38	7.46	4.7
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	4.30	30.16	4.6
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	4.28	27.30	7.2
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	4.21	31.84	4.0
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	4.12	22.45	4.8
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	4.12	22.45	4.8
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	4.11	28.17	2.9
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	4.03	10.37	4.5
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	3.97	5.37	2.7
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	3.93	7.85	3.3
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	3.82	24.35	4.4
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	3.79	5.12	2.5
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	3.72	22.83	1.7
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	3.49	15.25	6.8
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	3.49	15.25	6.8
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	3.27	19.53	2.6
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	3.22	17.30	3.4
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	3.20	6.34	1.7
11098	Brussels sprouts, raw	88.0	1.0 cup	2.97	7.88	3.3
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	2.95	24.12	--
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	2.79	5.43	--
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	2.75	4.08	2.8
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	2.74	7.40	2.5
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	2.65	3.03	1.7
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	2.65	3.03	1.7
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	2.63	9.55	--
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	2.61	26.44	2.2
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	2.57	8.00	--
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	2.56	6.14	3.4

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	2.52	5.20	1.0
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	2.51	49.71	5.9
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	2.51	29.00	--
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	2.50	4.61	1.9
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	2.49	26.71	4.6
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	2.46	10.64	2.7
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	2.39	6.79	3.1
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	2.35	9.79	1.3
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	2.35	21.92	3.5
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	2.34	15.55	--
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	2.32	15.78	2.6
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	2.29	23.61	3.8
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	2.20	3.03	1.2
11080	Beets, raw	136.0	1.0 cup	2.19	13.00	3.8
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	2.16	3.70	1.8
11620	Drumstick pods, raw	100.0	1.0 cup slices	2.10	8.53	3.2
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	2.07	8.58	1.0
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	2.07	8.58	1.0
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	2.05	4.84	1.8
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	2.04	3.63	1.9
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	2.03	3.01	2.0
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	2.01	8.71	4.0
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	1.90	8.33	4.6
11965	Cauliflower, green, raw	64.0	1.0 cup	1.89	3.90	2.0
11361	Potatoes, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	1.89	22.23	2.2
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	1.84	21.50	6.6
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	1.80	17.56	3.0
11282	Onions, raw	160.0	1.0 cup, chopped	1.76	14.94	2.7
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	1.71	4.08	--
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	1.64	6.28	5.0
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	1.64	21.54	6.4
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	1.64	21.54	6.4
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	1.61	6.30	2.1

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	1.57	15.59	2.0
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	1.54	13.12	1.6
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	1.50	5.90	1.9
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	1.49	14.07	2.9
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	1.48	1.74	--
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	1.33	15.61	1.4
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	1.33	15.61	1.6
11203	Cress, garden, raw	50.0	1.0 cup	1.30	2.75	0.6
11096	Broccoli raab, raw	40.0	1.0 cup chopped	1.27	1.14	1.1
11122	Cardoon, raw	178.0	1.0 cup, shredded	1.25	7.24	2.8
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	1.24	6.00	2.4
11124	Carrots, raw	128.0	1.0 cup chopped	1.19	12.26	3.6
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	1.18	11.17	1.3
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	1.00	9.45	1.2
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.93	8.09	2.2
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	0.93	3.44	2.6
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.91	2.45	--
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.91	11.08	1.7
11427	Purslane, raw	43.0	1.0 cup	0.87	1.46	--
11982	Peppers, pasilla, dried	7.0	1.0 pepper	0.86	3.58	1.9
11457	Spinach, raw	30.0	1.0 cup	0.86	1.09	0.7
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.85	8.03	1.6
11154	Chicory roots, raw	60.0	1.0 root	0.84	10.51	0.9
11086	Beet greens, raw	38.0	1.0 cup	0.84	1.65	1.4
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	0.80	3.70	2.1
11429	Radishes, raw	116.0	1.0 cup slices	0.79	3.94	1.9
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.75	6.48	1.7
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.73	6.59	2.2
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	0.68	1.40	0.6
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	0.54	4.10	0.6
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	0.54	1.94	--
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.50	5.06	2.1
11151	Chicory, witloof, raw	53.0	1.0 head	0.48	2.12	1.6
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.45	4.16	0.5

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	0.36	1.97	0.3
11213	Endive, raw	25.0	0.5 cup, chopped	0.31	0.84	0.8
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	0.21	7.80	2.6
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.12	0.99	0.3
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.07	0.27	0.1
11959	Arugula, raw	2.0	1.0 leaf	0.05	0.07	0.0
11447	Sesbania flower, raw	3.0	1.0 flower	0.04	0.20	--
11216	Ginger root, raw	2.0	1.0 tsp	0.04	0.36	0.0